

THINGS YOU CAN DO TO COMMEMORATE WORLD AIDS DAY, DECEMBER 1

1 Get the facts.

Learn the [basics](#) about HIV and AIDS, how it is transmitted, and how to prevent HIV. Today, [more tools than ever are available](#) to prevent HIV. In addition to limiting your number of sexual partners, never sharing needles, and using condoms correctly and consistently, you may be able to take advantage of medicines that prevent and treat HIV, including [pre-exposure prophylaxis \(PrEP\)](#), [post-exposure prophylaxis \(PEP\)](#), and [antiretroviral therapy \(ART\)](#).

2 Get tested.

Getting an HIV test is the only way to know if you have HIV. [Learn the basics about HIV testing](#), including the types of tests available.

- Find a testing center in your area at CDC's new website <https://gettested.cdc.gov/>, text your ZIP code to "KNOW IT" (566948) or call 1-800-CDC-INFO
- Talk to your doctor or health care provider
- Take a [home HIV test](#).

3 Get involved.

- Follow CDC's [Act Against AIDS](#) on [Facebook](#), [Instagram](#) and [Twitter @TalkHIV](#)
- Help get #WAD2015 trending on Facebook and Twitter by sharing and re-tweeting Awareness Day messages, or creating your own. Here are some sample posts and images that you can use leading up to and on #WAD2015

Facebook

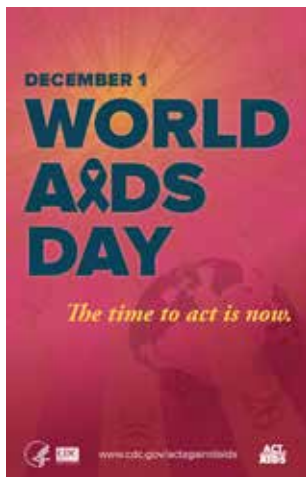
- December 1st is World AIDS Day. When you know your #HIV status, you can protect yourself and your partner. Find a testing location near you. <https://gettested.cdc.gov/> #WAD2015
- More than 1 million people in the United States are living with HIV. Have you been tested for HIV? Find a testing location near you. <https://gettested.cdc.gov/> #WAD2015

Twitter

- 1 week till #WAD2015 Get the facts. Get tested. Get involved.
- It's #WAD2015 Get tested. <https://gettested.cdc.gov/> If you have #HIV, get treated.
- There is no cure for #HIV, but there are more ways to prevent it than ever. Learn more about PrEP. #WAD2015 <http://www.cdc.gov/hiv/basics/prep.html>

- Share these **#WAD2015** images on your social media accounts. You can download them from CDC's [HIV/AIDS Awareness Days](#) webpage. Visuals include a poster, cover and profile images for Facebook, Twitter, and Instagram, and logo.

Poster



Social Media



Logo



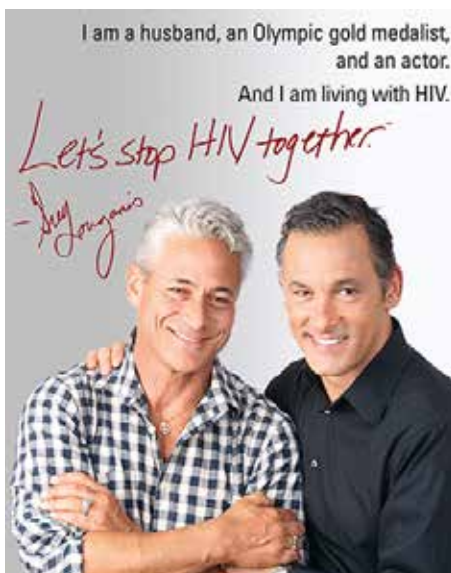
- Wear red, or a red ribbon, on December 1st to show your support.
- Volunteer at a local organization that serves people living with HIV.
- Host a World AIDS Day event in your community. The 2015 theme for [World AIDS Day](#) is “The Time to Act is Now”. Learn more about [HIV/AIDS around the world and nationally by reading the CDC feature](#).

4 Get materials.

Check out CDC's Act Against AIDS campaigns and the available resources. Act Against AIDS campaigns include:

Let's Stop HIV Together

A [general awareness campaign](#) to reduce HIV stigma, encourage testing and show that persons living with HIV are real people.



One Conversation at a Time

A [national communication campaign](#) that encourages Hispanics/Latinos to talk openly about HIV/AIDS with their families, friends, partners, and communities.



Start Talking. Stop HIV.

A [prevention campaign](#) that seeks to reduce new HIV infections among gay, bisexual and other men who have sex with men by encouraging open discussion about a range of HIV prevention strategies and related sexual health issues between sex partners.



Make conversation before you make out.

Click [here](#) for a few conversation starters.

Start Talking. Stop HIV.



Follow us online at: [facebook.com/StartTalkingHIV](#) [@TalkHIV](#)

HIV Treatment Works

A [campaign that encourages people living with HIV](#) to get in care, start taking HIV medications, remain in care, and adhere to treatment.



Aaron - St. Louis, MO
Living with HIV since 2011.
[Hear his story >](#)

HIV TREATMENT WORKS

Get in care. Stay in care. Live well.

